

Below are the **November** HealthQuest announcements to share with your employees. Please ask supervisors to provide this information to employees who do not use email. Thank you very much!

Important News From HealthQuest



The Employee Advisory Committee is Searching for NEW Members

The Health Care Commission (HCC) re-implemented an Employee Advisory Committee (EAC) as provided by K.S.A. 75-6501(b) by adopting EAC By-laws on August 16, 1995. The Committee is composed of 21 members, 18 of whom are active employees and three (3) are participating through Direct Bill. Each member serves a three-year term. Members are selected to serve by the HCC on the basis of geographic location, agency, gender, age, and plan participation in order to assure that a balanced membership representing a broad range of employee and Direct Bill members interested are represented. State Employee Health Plan staff work with the EAC leadership on topics of discussion. Topics could include future plan changes, wellness initiatives and other topics that the HCC desires to obtain member's input and feedback. The EAC chair may be called upon by the HCC to provide a report of their activities at their regular business meetings.

The EAC meets 4-6 times a year mostly during the spring in Topeka at the Landon Building. Members receive no compensation for serving.

For more information or the application to go: http://www.kdheks.gov/hcf/sehp/employee_advisory.html

The application deadline is November 15, 2016.



National Eating Healthy Day is November 2nd! National Eating Healthy Day is an opportunity for millions of Americans to kick off a healthier lifestyle with color!

+color will encourage families to make healthier choices at every meal and snack, every day. It will help make fruits and vegetables more accessible for all and a standard – not an exception – in the American diet. We know that one of the keys to good nutrition is eating enough fruits and vegetables. By adding just one cup of fruits and vegetables a day, people can take a simple but significant step toward a more vibrant life.

+color emphasizes that all forms of fruits and veggies – fresh, frozen, canned and dried – can be good choices and provide health benefits.

+color is the first step of the American Heart Association's Healthy For Good movement, which is designed to rally millions of Americans to live healthier lives and inspire lasting change. It will unify people around the simple idea that making a small change today can create a difference for generations to come.

Quarter 4 EAP Campaign – Finance – Webinar Schedule

November 16th @ 3PM – Managing Personal Finances

December 22nd @ 3PM – The Psychology Behind Saving Money and Other Good Habits

EAP Monthly Webinar Series – November 16th, at 3:00PM

Managing Personal Finances

Are money issues causing you to worry and stress? Do you buy items, even if you don't need them just because they are on sale and you know you are "saving money?" Do you pay only the minimum balance on your credit cards? Is debt mounting in your life to the point where you don't know what to do about it? Do you wish you were saving more money? Money is a huge stressor for many people but it doesn't have to be. This workshop will help you demystify the numbers and get you living beyond paycheck to paycheck.

Register at: <https://attendee.gotowebinar.com/register/4785369645972925187>



Tips for Living Within a Budget

Creating and living within a budget isn't as complicated as you might think. In fact, it will simplify your life. Here are some tips:

- Rethink your priorities to focus on saving versus spending.
- Make wise cuts. Determine which purchases can be eliminated or reduced.
- Document every transaction. Create a system to file and organize your revenues and expenditures.
- Computerize your efforts. Consider buying a financial-management program such as Quicken.
- Monitor your budget on a monthly basis. Check it regularly to keep on track.
- Predetermine your withdrawals and make this money last a designated period of time.
- Pay off your credit card balance each month. Use a debit card rather than a credit card. Debit cards subtract money directly from your checking account, encouraging you to spend only the money you actually have.
- Be a team player. Confide in your spouse, and have your spouse follow the plan as well.

Staying within your budget may not be easy at times, but with the right discipline and commitment, you should be able to stay on course and achieve your future financial dreams.

HealthQuest Monthly Seminar – Worth 1 HQ Credit – www.kansashealthquest.com

Being Mindful While Being Thankful!

It's a busy - - and often stressful - - time of year. Learn how mindfulness and other stress management techniques can help you remain calm and focused.

For seminars: Log on to www.kansashealthquest.com, click "Rewards" at the top, scroll down & click "More" under "Spend some time in the Library."

The HealthQuest Deadline is November 15th at 11PM CST

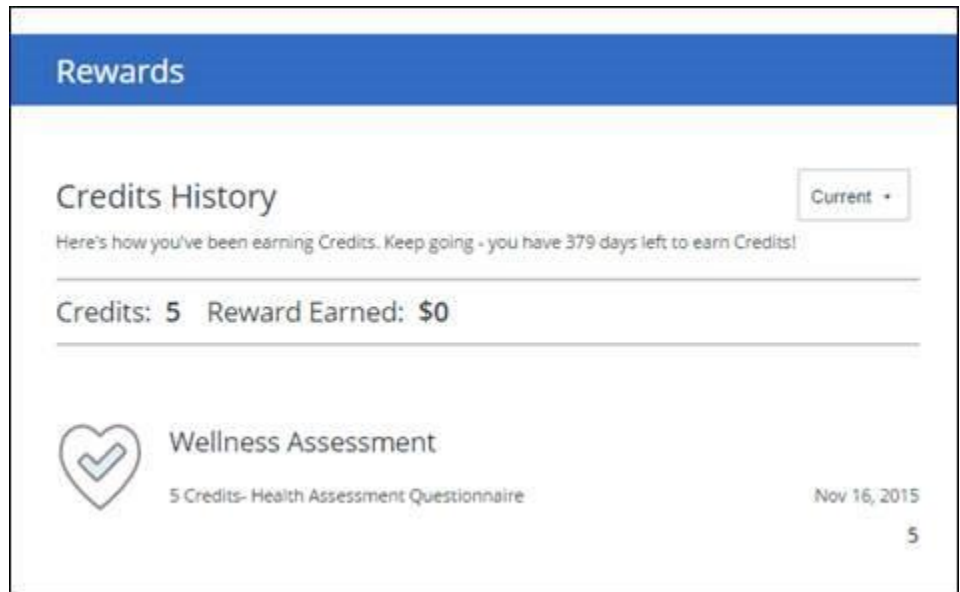
Be sure to complete your Required Health Assessment and earn a total of 30 credits by 11/15/16 at 11PM CST to receive a premium incentive reduction of \$240 annually on your medical premium!

Employees can verify their rewards status by logging into their secure account at www.kansashealthquest.com and clicking on "View All" to the right of the "Bulletin Board" on the right side as you scroll down.

This will bring up the "Your Resources" listing - click on "My Printable Credits Summary" listed under Rewards Program.

Click on "Credits History." The Credits History includes:

- Total Credits Earned (In this example, 5)
- Confirmation you've earned the incentive (sample screenshot below from a Test User shows Reward Earned: \$0 if you have not yet earned the reward, or \$240 when the Reward has been earned)



There will be a QUIET PERIOD from 11/16-12/31 where no HealthQuest Credits can be earned. The portal will be available for educational resources only.

More Information Coming Regarding HealthQuest 2017



We will be hosting webinars in December to further discuss the new program as well as demonstrate the new HealthQuest portal. Remember the new HealthQuest program year will run calendar year and participants need to earn 40 credits for the premium reduction in 2018. Below are the dates and times of webinars. To register click on this link: <https://attendee.gotowebinar.com/rt/2191015890339316482> - and select the date and time that works best for you from the drop down box.

Tue, Dec 6, 2016 10:00 AM - 11:00 AM CST
Thu, Dec 8, 2016 1:30 PM - 2:30 PM CST
Wed, Dec 14, 2016 1:30 PM - 2:30 PM CST
Fri, Dec 16, 2016 1:30 PM - 2:30 PM CST